



From North Carolina.

Lattimore, Sept. 13, 1916.

Editor News:-

Despite this being the unlucky thirteenth, I shall, nevertheless, write a communication to the paper that suggests friends of the golden time and youthful, familiar scenes. While the visits of news are always hailed with pleasure, it is the common lot of mortals to receive and for a page to convey sad tidings. When in Kentucky two years since, it was my pleasure to meet Uncle O. McClister and Dr. Ben F. Taylor, the former a good friend and neighbor of my father, the late Curt White who lies buried in our family cemetery, and the latter a friend and schoolmate of mine. To both of these men I wish to pay a sincere tribute for their sterling worth. Oliver McClister was an industrious farmer and stone mason, and withal, an honest man—the noblest work of God. As to Dr. Ben Taylor, he had bright gifts of mind and character, and dignified and adorned the healing profession. He was fortunate, by his energy, in acquiring a competency of creature comforts, and the tributes paid by all classes at his funeral attests the devotion in which he was held by people of Adair county and adjacent regions. I like to meet the people of Adair county, but the ones who have crossed with the boatman pale and the remorseless march of time that leaves whitened locks and wrinkled faces, like midnight's holy hour, declares it a time for memory and for tears. Many of the people whom I left there in vigorous manhood

AUTO-TOXICATION IS CAUSE OF ILLS

Vital Organs Rebel at Being Kept on Constant Strain

The world's most eminent authorities on the science of healthful living and present day diseases, liken the human body to a steam engine, its wastes corresponding to the ashes.

They have also termed the foundation of modern maladies, which daily leave hundred of sad homes in their trails, auto-intoxication, which is nothing more nor less than the self-poisoning of the vital organs, brought on by excessive mental and physical strain.

The toxication has its origin, for the most part, medical experts say, in the kidneys or stomach, because of the faulty methods of living which have become common in recent years.

When the organs become weakened from any cause they are unable to throw off the accumulation of waste matters. The injury which comes from the retention of the body's waste products is of the greatest importance. Abnormal conditions of the intestines are largely responsible for the common headache malady, and for a generally lowered resistance, resulting in colds and catarrhal affections as well as other equally serious ailments.

Under these conditions the organs are rendered lame and toxins—actual poisons—are permitted to generate within one's body.

Bright's disease, stomach and intestinal troubles and catarrhal affections of the mucous membranes may be called auto-intoxications.

Tanlac, the ideal reconstructive tonic, was designed especially to combat these ills. Tanlac begins its action by stimulating the digestive and assimilative organs, thereby enriching the blood and invigorating the entire system. Next Tanlac aids the stomach to thoroughly digest the food thus permitting the assimilable products to be converted into blood, bone and muscle.

To the automobilist it might be said that Tanlac acts as a spark plug in the human mechanism. It starts the vital engines and then keeps them going at a proper regulated speed.

Tanlac, the ideal tonic, invigorant, appetizer and builder of tissues, is being introduced in Columbia at the Page & Hamilton drug store, where the Tanlac Man daily explains its merits and what may be expected from its use.

T. C. Moore & Co., Gresham; C. H. Jarvis & Son, Coburg; L. G. Wilcox, Exie; J. P. Miller & Son, Crocus; H. E. Loy, Olga.

Adv.

and womanhood, and some in the the buoyant flush of hopeful youth have been gathered in by the Grim Reaper, and to me their memory is "Like the touch of a hand that has vanished and a voice that forever is stilled."

As the affairs of this region are not of interest to you people, I'll say that the ravages of the summer flood is as the sweep of desolation. While cotton is sweet sixteen, the crop is very short, and the price of food crops is tangoing with the stars. Many excellent farmers will not make a bushel of corn, and their land is seriously injured. All that such people can do is to trust God and keep their powder dry. The estimated damage to crops in this county is \$200,000; while the expense of rebuilding bridges will be \$150,000. Our excellent sand clay roads were somewhat injured, but these were built by bond issues, and are to be repaired in same way. The phones were badly injured by wind and electric storms, i.e., the lines; but the work of repair and reconstruction goes bravely on. You may say what you please of the poor soil, poverty of people in this region, but in meeting emergencies they are redoubtable. The extravagance and corruption of Reconstruction shamefully robbed the South, but like the fabled Phenix they rose from the ruins. At one time the poll tax of Cleveland

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county, North Carolina was seven dollars, and the rapacious carpetbagger preyed like a cormorant on their substance. But men, women and children went to work, and at length the wilderness blossomed. The school master is now abroad, the melody of Christian worship rises from the temples consecrated to the living God, we have statewide prohibition, and the negro is no longer a menace in politics. By this is not meant that the Millennium has dawned, or that the year of Jubilee has come, for here as elsewhere, the trail of the serpent is over them all. But in Fertile regions the thrift, energy and economy that is so evident in North Carolina is not apparent. In some Southern States the white man looks upon manual labor as ignoble, and depends on negroes to cultivate the soil. Here nearly everybody works. The slave oligarchy was responsible for this delusion; and hence the West has outstripped the South in material prosperity. The counties of Scotland and Robeson are the most prosperous in this State, and many college men, with degrees, are successful farmers who stay there and work.

The political pot is boiling, and democratic success is a foregone conclusion. We are for Woodrow Wilson, who was partly educated at Davidson College of North Carolina, and T. W. Bickett will be Governor.

Melvin L. White.

Gradyville.

Plenty of rain this week.

Nat Walker, of Columbia, was shaking hands with his friends here last week.

Joel Rodgers spent a day or so on his farm at Roachville last week.

Mrs. W. L. Grady is improving at this time.

Mrs. Eugene Nell, son and daughter visited relatives, several days of last week, at Edmonton.

Charlie Sparks and son spent last week at Horse Cave, taking in the fair.

Lamore Simmons is spending this week, on business, at Russell Springs.

Every body in this section attended court at Columbia last week.

George Willis and sisters are visiting relatives in Garrard county this week.

Quite a number of hogs have died in this section from cholera and still dying.

Judge N. H. Moss and daughter and C. O. Moss and family attended the funeral of their brother, W. M. Moss, at Greensburg last Wednesday.

Mr. and Mrs. Strong Hill, who have been on the sick list for several weeks, are improving at this time.

Ed Hill returned from Louisville last week, where he had spent a week taking in the city and attending the fair.

Quite a number of people in this section have made up their cane and we can say for a certainty, there is some good sorghum in this community.

Rev. W. C. Christie and wife will leave for Conference which convenes at Franklin in a few days. We hope he and his good wife will be returned to this work again. Bro. Christie is an able preacher and the very man we need on this work.

Mr. Holt, the well-known fertilizer man of Jamestown, made our town one day last week and sold a car load of goods. He informed us that his business had been very satisfactory for the year, and this was winding up his business for the year that ends October 31st.

Quite a number of mule, colts have changed hands in this section from prices ranging from \$50 to \$100 each, and still there are a number of good ones that are not sold yet.

Miss Mary Strollan, of Owen county, who has been visiting Mrs. L. C. Nell, returned home last week.

Rugby.

It is a boy at your scribes. Mother and child doing well, but your scribe is in a critical condition. He doesn't not know how to make a living for two boys.

The meeting at Harrodsfork closed last Sunday. The neighborhood greatly revived, but no conversions.

We were sorry to hear of our old friend, Herschel Campbell's death, from consumption, last Thursday. We extend to his friends our sympathy.

J. M. Shives, our hustling merchant, while driving to town last Monday, a horse and buggy owned by W. B. Moore, ran into

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his buggy, knocked him out and broke his nose and bruised him up considerably, but he is able to be about now.

Miss Cora Burbridge, who has been visiting Miss Annie Sparks, returned home on Pettis Fork last Wednesday.

We have had two frosts here but no serious done.

Sugar being so high here, people have been making a lot of sorghum. Several farmers have made over a hundred gallons each.

The schools around here are all progressing fine and having good attendance, considering it being such a busy time.

Protect Your Property.

Mr. C. E. Graham, of Greensburg, who represents the old reliable fire insurance company, "Insurance Company of North America," is in Adair county for the purpose of securing business. He is a reliable gentleman, one who will give you a clear understanding before writing your property. This company was organized in 1792 and has prospered from the start. Has been represented in Kentucky 108 years. In case of loss will pay one hundred cents to the dollar. See him before placing your risk.